



# OCTOBER WELLNESS NEWSLETTER

VOLUME 14 ISSUE 10

2014

## SPECIAL POINTS OF INTEREST:

- Exercise Tips for Fall
- Healthy Eating Tips for Fall
- Spooktacular
- Cold vs Flu
- Flu Shot Schedule
- Immune System Boosting Foods
- Healthy Recipes



## Exercise tips for Fall

- Find someone to walk with during halftime of the football game. Set the timer on your phone or watch for 30 minutes and find a route that lands you back at home right in time for kickoff!
- Go apple picking and make sure to walk the entire orchard. Not only is this considered exercise, but you also get to scout out the best looking fruit!
- Find a local place to hike where you can soak up the beautiful autumnal foliage. This is sure to be great for your body and mind.
- Pumpkin hunting may not be a legitimate sport, but you can make it into one with the right attitude and creative thinking. Pick up a few pumpkins along the patch route for a few good squats and bicep curls. By the time you're ready to pay you'll feel the burn in your body.

## Healthy eating tips for Fall

- Buy local, in-season produce at a farmers market to ensure that you are getting the freshest fruits and vegetables around.
- Try a new green leafy vegetable. Swiss chard is an excellent source of vitamins A, K and C as well as potassium. Simply saute with oil and garlic and enjoy as a side or add to casseroles.
- Winter squash is abundant in autumn and is low in calories and high in fiber.
- Roast spaghetti squash until soft then shred with a fork to create strands and serve like pasta.
- Stuff roasted acorn squash with wild rice, dried cranberries and other vegetables.

## Joshua Beatty Spooktacular

**5k Race, 1 Mile Run/Walk &**

**5 and under "Pumpkin Run"**

**October 18, 2014 (rain or shine)**

**Union City High School – Field House**

**Proceeds go to the Joshua Beatty Memorial Scholarship Fund**

**See attached flyer for further details**

**\*\*\*Also count towards Wellness Ticket**



# Cold vs Flu

Calhoun County Public Health Department

Colds and flu can occur anytime throughout the year, although they are most common during the fall and winter. Viruses cause both colds and flu, and they can be spread by direct or indirect contact with an infected person. Colds typically last anywhere from a few days to a few weeks, and the average child gets six to eight colds per year.

## How can I prevent catching or spreading a cold or the flu?

- ♥ Wash your hands for 15-20 seconds several times a day with soap and warm water
- ♥ Cover your nose and mouth when coughing or sneezing
- ♥ Keep your hands away from your eyes, nose, and mouth
- ♥ Don't share food or drink and avoid sharing the same towel
- ♥ Dispose of your used tissues quickly and do not pick up other people's used tissues
- ♥ Get plenty of sleep, avoid dehydration, and eat a balanced diet
- ♥ Get a flu shot

## What is the best way to treat a cold or the flu?

Regardless of whether you have the cold or flu, it is important to drink lots of liquids and get plenty of rest. Stay away from smokers as inhaling their smoke can further irritate your nose and throat. If you choose to give your child over-the-counter medicine, always make sure to read the label so that you are giving them the right medicine and the right amount. Remember, you should never give aspirin to a child or teenager who has the flu! You can, however, give children acetaminophen (Tylenol) or ibuprofen (Advil).

## How does the cold differ from the flu?

Cold Symptoms	Flu Symptoms
⊗ Stuff or runny nose	⊗ Swift, severe onset
⊗ Sneezing	⊗ High fever (102°-104° F)
⊗ Slow onset	⊗ Extreme exhaustion
⊗ Dry hacking cough	⊗ Flushed, hot moist skin
⊗ Mild fatigue	⊗ Chills and body aches
⊗ Sore throat	⊗ Cough and sore throat
⊗ Fever and headaches are rare	

# PREVENTION IS THE BEST MEDICINE

## FIGHT THE FLU, GET YOUR SHOT

### Tuesday, October 7th

9:00 am – noon – Justice Center, Room F221

### Wednesday, October 8th

7:00 am – 8:30 am – Road Department

9:30 am – 11:30 am – County Building, HR Conference Room

2:00 pm – 3:00 pm – Juvenile Home

### Thursday, October 9th

1:00 pm – 4:00 pm – Justice Center, Room F221

### Wednesday, October 15th

2:00 pm – 5:00 pm – Toeller Building, EH Conference Room

In addition, walk-in clinics will be held at the CareHere Health & Wellness Center as follows:

### Tuesday, October 7th 14th 21st 28th

5:00 pm – 7:00 pm

### Thursday, October 9th 16th 23rd 30th

5:00 pm – 7:00 pm

### Saturday, October 11th

9:00 am – 1:00 pm

## REMEDY IN, FLU OUT

### Scratchy Throat and Congestion

- ☺ Eat hot chicken soup (Grandma always knew)
- ☺ Add spice to your meal (garlic, ginger, Chili peppers, horseradish)
- ☺ Saltwater gargle

### Nighttime Congestion and Can't Sleep

- ☺ Try a humidifier
- ☺ Use nasal strips
- ☺ Elevate your head
- ☺ Use a Mentholatum Ointment

### Stuffy Sinuses

- ☺ Breathe aromatic steam
- ☺ Take a warm shower
- ☺ Increase liquids
- ☺ Use moist heat compresses



# IMMUNE SYSTEM BOOSTING FOODS

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1. **ELDERBERRY** fruits are rich in antioxidants and may also have the ability to fight inflammation.
2. **BUTTON MUSHROOMS** have mineral selenium and antioxidants. Low levels of selenium have been linked to increased risk of developing more severe flu. And the B vitamins riboflavin and niacin, found in these mushrooms, play a role in a healthy immune system.
3. **WATERMELON** is hydrating and refreshing, ripe watermelon also has plenty of a powerful antioxidant, glutathione. Known to help strengthen the immune system so it can fight infection, glutathione is found in the red pulpy flesh near the rind.
4. **CABBAGE** is a source of immune-strengthening glutamine. And cabbage is easy and inexpensive to find during the winter months when it's in season. Try adding cabbages of any variety (white, red, Chinese) to soups and stews to sneak in extra antioxidants and boost your meal's nutritional value.
5. **ALMONDS** a recommended 1/4 cup serving carries nearly 50% of the daily recommended amount of vitamin E, which helps boost the immune system. And they have riboflavin and niacin, B vitamins that may help you bounce back from the effects of stress.
6. **GRAPEFRUITS** are packed with flavonoids -- natural chemical compounds that have been found to increase immune system activation. They have a good amount of vitamin C too. Dislike grapefruits? Try oranges or tangerines.
7. **WHEAT GERM** has zinc, antioxidants, and B vitamins among other vital vitamins and minerals. Wheat germ also offers a good mix of fiber, protein, and some good fat.
8. **LOW-FAT YOGURT** a daily cup may reduce your chances of getting a cold. Look for labels listing "live and active cultures." Some researchers believe they may stimulate your immune system to fight disease.
9. **SPINACH** known as a "super food," spinach is nutrient-rich. It has folate, which helps your body produce new cells and repair DNA. And it boasts fiber, antioxidants, such as vitamin C, and more. Eat spinach raw or lightly cooked to get the most benefit.
10. **TEA** Green or black? Both are loaded with disease-fighting polyphenols and flavonoids. These antioxidants seek out cell-damaging free radicals and destroy them.
11. **SWEET POTATO** Like carrots, sweet potatoes have the antioxidant beta-carotene, which mops up damaging free radicals.
12. **GARLIC** offers several antioxidants that battle immune system invaders (and bad neighbors).

## Healthy Fall Recipes

### Baked Green Tomatoes

- \* 4-6 green medium green tomatoes
- \* ½ cup all-purpose flour
- \* 2 eggs\*
- \* ¼ cup milk\*
- \* 1 cup panko breadcrumbs
- \* 1 cup cornmeal
- \* 1 tsp salt
- \* ½ tsp ground black pepper
- \* 1/2 tsp cajun spice
- \* 1/2 tsp chipotle chili powder
- \* ¼ tsp paprika

- \* Preheat oven to 425 F. Line a baking sheet with parchment or foil (spray the foil lightly with cooking spray).
- \* Slice tomatoes into ½ inch thick slices.
- \* Place the flour into a small bowl.
- \* Combine the eggs/milk in another bowl.
- \* In another small bowl, mix the panko, cornmeal, salt, pepper, cajun spice, chipotle chili powder and paprika.
- \* Coat each tomato slice in the flour, then soak completely in the egg/egg replacement mixture. Coat thoroughly with the panko mixture and place on baking sheet.
- \* Bake for 20-25 minutes (turn halfway through). Bake until lightly browned and the tomatoes are tender. Serve with dipping sauce - remoulade or ranch are great with this.



## Whole-Wheat Penne with Eggplant-Tomato

- 8 tablespoons unsalted butter, cut into small pieces
- 1 small onion, finely chopped
- 1 rib celery, finely chopped
- 1 carrot, finely chopped
- 1 clove garlic, minced
- 1 medium eggplant, peeled, cut into 1/2-inch dice
- 10 ounce mushrooms, chopped
- Salt
- 1 28-oz. can crushed tomatoes
- 1 pound whole-wheat penne
- 1/4 cup finely chopped fresh basil leaves



1. Mist a slow-cooker insert with cooking spray. Combine butter, onion, celery, carrot and garlic in slow cooker. Add eggplant, mushrooms and 1 tsp. salt. Stir in tomatoes, cover and cook on high for 4 hours or on low for 6 hours. Stir once or twice during cooking.
2. Bring a large pot of salted water to a boil and cook penne until just tender, about 10 minutes. Drain pasta, toss with sauce, sprinkle with basil (and grated Parmesan, if desired) and serve.

## Indulge

### Ingredients:

- 8 1/2 ounces roughly chopped bittersweet chocolate
- 1 1/2 cups 2% milk
- 1/4 teaspoon instant espresso powder
- 2 egg yolks
- 3 tablespoons agave syrup
- 1/4 teaspoon fine sea salt
- 8 ounces light silken tofu
- Low-fat plain Greek yogurt (optional)

### Directions:

Place chocolate in a blender carafe. In a medium saucepan, combine milk, instant espresso powder, egg yolks, agave syrup and sea salt and bring to a simmer over low heat. Cook, whisking constantly, until slightly thickened, about 5 minutes, then pour mixture into blender to melt chocolate. Add silken tofu and blend until smooth. Pour mousse into eight small ramekins. Chill 2 hours and serve cold, garnished with low-fat plain Greek yogurt if desired.

